

E-Ddiogelwch

Cofiwch:

1. **Addysgu.** Ewch ar y gwefannau mae'r plant yn eu defnyddio i weld beth ydynt, fel eich bod yn gallu eu trafod a chyngori.
2. **Amddiffyn.** Gallwch reoli'r defnydd o'r we o ffonau neu dabledi eich plant (parental controls). Gall hyn fod yn effeithiol, ond nid yw unrhyw system yn 100% saff, felly addysgu sy'n allweddol.
3. **Monitro.** Trafodwch eu defnydd o'r we gyda'ch plant.
4. **Cefnogaeth.** Rydym i gyd yn gwneud camgymeriadau, yn enwedig pan yn ifanc. Byddwch ar gael i drafod.

Am fwy o wybodaeth cliciwch un o'r lincs isod:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<http://www.saferinternet.org.uk/>

<http://www.childnet.com/>

<http://www.childline.org.uk>



E-Safety

Top tips to keep children safe online:

1. **Educate.** Go on to the social media platforms that they're using and find out what they are all about, so you will be able to better educate and advise.
2. **Protect.** Devices such as phones, tablets, game consoles and other devices that connect to the internet have parental control settings. Filtering can be very effective but no system is 100% foolproof, so education remains key.
3. **Monitor.** Keep an open dialogue with your child about their use of the internet.
4. **Support.** We all make mistakes, particularly when we are young. Be approachable.

For more information, please click on one of the links below:

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